

# Volunteer Opportunities

Age Requirements

No Age Requirement

Available 24/7

No

Other Eligibility Criteria

Unrestricted. However, persons over the age of 60 usually are referred to the Retired Senior Volunteer Programs-RSVP.

Intake Process

Telephone referral; walk-ins accepted.

Self Refer

Yes

VOLUNTEER Hampton Roads

<https://www.volunteerhr.org>

<https://www.facebook.com/volunteerhr>

Main

(757) 624-2400

101 W. Main Street, Suite 800

23510 VA

United States

Fee Structure

No Fee

Languages Spoken

English

VOLUNTEER Hampton Roads serves as the nonprofit resource center for southeastern Virginia. People are connected with opportunities to serve, provide training for nonprofit professionals and volunteers, promote volunteerism and participate in collaborations to identify community needs and mobilize volunteers to meet those needs. Volunteers can search for a [one-day volunteer projects](#) and sign up online.

VOLUNTEER Hampton Roads coordinates the projects with area nonprofits to create fun and meaningful ways for groups to get involved in the community.

Work is done with over 500 nonprofits in the Hampton Roads area to identify needs and engage people of all ages and experiences in volunteer service to meet the community's critical needs.

Service Area(s)

Chesapeake City

,

Norfolk City

,

Portsmouth City

,

Virginia Beach City

Email

[office@volunteerhr.org](mailto:office@volunteerhr.org)